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Boy oh boy!

JOHN STILLWELL/POOL/THE ASSOCIATED PRESS

Royal birth. Ottawa monarchists just as excited about future king's arrival as you'd expect

ALEX BOUTILIER
alex.boutilier@metronews.ca

The Monarchists Group of Canada's local branch cheered the arrival of our future ruler on Monday.

Spokesman for the monarchists' Ottawa branch Justin Morin-Carpentier called Monday's royal birth an important day in Canada's history.

"I'm just waiting for the name, really," said Morin-Carpentier on Monday. "I was glad to hear that the baby was very healthy.... I'm excited, I'm excited to see how he turns out."

A press release from Kensington Palace Monday afternoon said the boy was born at 4:24 p.m. weighing eight pounds, six ounces.

"Her Royal Highness and her child are both doing well and will remain in hospital overnight," read the release. "Members of both families have been informed and are delighted with the news."

Across the pond, the Peace Tower was scheduled to be illuminated blue in honour of the new royal, whose name had yet to be announced Monday night.

Morin-Carpentier said that while the monarchy remain a purely symbolic institution, the authority it represents is important to the country.

"When you look at the Commonwealth, we share a lot of common history, but we (also) share the monarch, which is a symbol of political stability," Morin-Carpentier said.

For more on this story, turn to page 5.

Who will win? Who cares?

With the Ottawa South seat vacant following Dalton McGuinty's political retirement, will the Liberal deathgrip on the riding loosen or will voter apathy .... uh ... whatever, I give up

PAGE 3

LoL: Gamers are legit athletes

People who participate in e-sports like League of Legends now eligible for the same U.S. visas that NBA players get

PAGE 7

This sugar may not go down easy

Did you know your body can't metabolize sorbital? Metro takes a look at what's bad in the world of sweeteners (spoiler alert: they all are)

PAGE 11

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NEWS 1

Noise complaint

26 people ticketed at Barrhaven quarry: Police

Ottawa police say 26 people were ticketed by bylaw officers and removed from a quarry in Barrhaven last Thursday following a noise complaint.

The police responded at 2:24 p.m. to the 0 to 100 block of Cedarhill Drive, which is close to where the quarry is located.

Barrhaven Coun. Jan Harder warned teens on Thursday via Twitter not to cool off in quarries.

The city did not return calls for comment by press time Monday.

JOE LOFARO/METRO

Road closure

Norice Street to be closed starting Tuesday

Norice Street will be closed from Woodroffe Avenue to Sullivan Avenue starting at 9 a.m. on Tuesday. Norice Street will be open for local traffic only while the City of Ottawa installs a new $4.8 million sanitary sewer system along Sullivan Avenue, Norice Street and Woodroffe Avenue. Traffic restrictions will remain in effect until the completion of work, which is expected by late October. Pedestrian access will be maintained. METRO

Water-main problem

City extends boil-water advisory

A boil-water advisory has been extended for another 48 hours for approximately 400 residences in Carlsbad Springs, the city said Monday afternoon.

Residents in the area are asked to bring water to a rolling boil for at least one minute before consumption. Those who are unable to boil water are asked to consume bottled water instead.

The advisory was prompted by a problem crews encountered during water-main construction work, according to the city. Repair workers are working diligently to fix pressure in the water distribution system.

JOE LOFARO/METRO

Ottawa police board puts a stop order on Desjourdy's legal fees

Ottawa Police Const. Steve Desjourdy. JOE LOFARO/METRO

Ottawa's police board halted $540,000 in legal fees stemming from the trial of Const. Steven Desjourdy, a move dubbed due diligence by the head of the board and political interference by the head of the police union.

Coun. Eli El-Chantiry confirmed Monday that the board put a stop order on a cheque issued to cover Desjourdy's legal fees.

"The issue here is we received a request to make a payment of $540,000 to cover Desjourdy's bill," said El-Chantiry.

"The fact is, we didn't receive the detail for what is this amount (for), or what does it mean this amount, or what did we do with it. So that's the concern."

But Matt Skof, the head of the Ottawa Police Association, argues that the move is meant to "politicize" affairs between the union and management at Ottawa Police Services.

Skof said the union received the cheque for Desjourdy's legal costs. Five days later, the board issued a stop order on the cheque.

"At best I describe this behaviour as unprofessional," said Skof in an email Monday evening.

In April, Desjourdy was found not guilty of sexual harassment in a cellblock strip search of a female inmate. He still faces an internal charge of discreditable conduct after he removed the shirt and bra of a female inmate in a contraband search.

JOE LOFARO/METRO

Museum curator gets bail in child-porn case

Release conditions. Accused banned from accessing computer, Internet and contact with kids

JOE LOFARO
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Franz Klingender leaves the Ottawa courthouse with his wife on Monday, after he was released on bail on 16 child-pornography charges. JOE LOFARO/METRO

A museum curator accused of possessing and distributing child pornography was released on bail Monday morning after Ottawa police arrested him Friday.

Franz Klingender, 59, was released on a $10,000 bond and $10,000 surety after appearing in person at the Elgin Street courthouse. He is the curator of agriculture at the Canada Science and Technology Museum Corporation and has been working at the museum since 1999.

As part of his release conditions he is banned from accessing a computer and the Internet and forbidden from being around children.

As he walked out of the courthouse with his wife, she said "no comment" to reporters. His lawyer, Richard Addelman, said his client was "fine" after being released from bail.

The accused is scheduled to return to court Aug. 28.

Klingender was arrested at Toronto's Pearson International Airport, according to police. He was charged with nine counts of possession of child pornography and seven counts of distributing child pornography.

His home in west Ottawa and his office in the east end of the city were raided by police.

Ottawa police said Friday they had no reason to believe at the time that visitors or employees were in any danger.

WITH FILES FROM GRAHAM LANKTREE

Sexual harassment vastly underreported: Survey

A whopping 90 per cent of respondents to a new survey said they did not report incidents of street harassment to authorities.

The survey, conducted by advocacy group Hollaback Ottawa over the past few months, found that only one in 10 of their 320 respondents reported being harassed to authorities.

"I think the general population doesn't know what street harassment is, and that you can report it," said Julie Lalonde with Hollaback. "I think the vast majority of people don't know it's an option for them."

The advocacy group defines "street harassment" as unwelcome comments or actions based on gender that invade personal or emotional space. The group has been focusing their efforts on incidents that have taken place on public transit across the city. According to police, there have been 11 reports of sexual assaults on the OC Transpo system between January and July.

The low reporting is in line with national statistics on sexual assault, according to the group.

Diane Deans, the chair of Ottawa's transit commission, was unavailable for comment on the report Monday. OC Transpo did not comment.

Hollaback is recommending a public education campaign around street harassment, as well as a campaign focusing on safe bystander intervention. They're also calling for an anonymous reporting mechanism to flag incidents without coming forward publicly.

ALEX BOUTILIER/METRO

Showdown in Ottawa South: Is anyone really listening?

Debate. Byelection candidates battle voter apathy in wake of Liberal scandals

GRAHAM LANKTREE
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Ottawa South candidates traded jabs over the Liberal gas-plant scandal and transit in a televised debate Monday, jockeying to become the riding's next MPP in one of five provincial byelections Aug. 1, as voters let out a collective yawn.

"I want to vote because I'm not very fond of the Conservative leader. I don't know the Liberal man who is running in our area," said May Poushinsky after she cast her ballot in advance voting, which opened Saturday at the Canterbury Community Centre in the city's south end.

"I could have gone to a meeting or whatever," Poushinsky said, adding that she wasn't interested in learning more after the scandals that have hit the Liberals over the past year.

She said byelections don't attract a lot of attention and her vote wasn't for the Liberals but against someone she doesn't want to see in power.

Green party candidate Taylor Howarth said she has seen a lot of apathy among constituents in the riding, which is steadfastly Liberal, with MPP and former premier Dalton McGuinty having represented the area since 1990. The riding was last won by another party in 1985.

"They're sick of the same old, same old," said Howarth, who graduated from St. Paul's University in April with an ethics degree, adding that the frustration has led more people to hear the Ontario Green Party message since her last campaign in 2011.

During the first of two debates this week between four of the nine candidates in the 86,346-voter riding, the parties found common ground on transit and Ottawa South's O-Train line, which all agreed should be extended before the projected date of 2031.

John Fraser, the Ontario Liberal Party's candidate in a byelection in Ottawa South, and his wife Linda take part in advance voting on Monday.
GRAHAM LANKTREE/METRO

Yet differences arose over the size of the province's $11.7-billion deficit.

"The NDP have a plan for a balanced budget by 2017," said Ottawa South NDP candidate Bronwyn Funiciello.

Funiciello said ending corporate-tax giveaways would be one way of paying down what's owed.

Provincial Conservative candidate Matt Young disagreed, saying his party could balance the books by 2018 with "targeted tax measures to help businesses hire people," adding that the solution is to "make things easier on business."

McGuinty's right-hand man in the riding, John Fraser, who helped the former premier hold the fort in Ottawa South for the past 14 years, defended the government.

"I'm very proud of that record in Ottawa South," he said, citing new wings in city hospitals, MRI machines and all-day kindergarten as successful projects.

But that's cold comfort to some voters.

"My mind is made up," said Jim Coutts after casting his ballot. "I'm having trouble paying my bills. Meanwhile, we've got junior kindergarten and power plants. But it only counts if you get your butt out here."

The next candidate debate will take place on July 24 at 2185 Arch St.

Follow Graham Lanktree on Twitter @MetroGraham

Mamma's boy? Or bad boy?

Do as I say, not as my son does. Bieber's mom touts book for teens as troubled pop star hits Ottawa

GRAHAM LANKTREE
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Singer Justin Bieber performs onstage during the 2013 Billboard Music Awards at the MGM Grand Garden Arena on May 19 in Las Vegas, Nevada.
ETHAN MILLER/GETTY IMAGES

Before Justin Bieber sings the opening lines of his hit Boyfriend to more than 15,000 exuberant fans in Ottawa on Tuesday night, his mom will offer up advice to troubled teens from her own life in her new book.

At the Chapters bookstore at Pinecrest Shopping Centre, Pattie Mallette will sign copies of Nowhere But Up: The Story of Justin Bieber's Mom.

Before her son was discovered by the recording industry in 2008, Mallette struggled with a painful past filled with poverty, sexual abuse and life as a single parent.

Aimed at young people, her book promises to "bring teens encouragement by telling of the healing she found out of her own pain," according to a release that adds the book will "show teens how they can find a way out in the most difficult situations."

For certain elements, including sidebars and questions raised in the book, Mallette consulted some of her two million Twitter followers.

Her message, it seems, has yet to reach her famous son, whose behaviour has taken a turn for the worse after a video of Bieber urinating in a mop bucket at a New York City restaurant and swearing at a picture of Bill Clinton emerged online July 10.

Miley Cyrus thinks the pressures of fame may have gotten to the 19-year-old star and she advised Bieber Monday that he should take some time out and avoid the limelight.

Bieber was last in Ottawa for a show in November of last year, but a number of incidents and antics have landed the singer in hot water with the public.

Mallette will sign copies of Nowhere But Up: The Story of Justin Bieber's Mom at Chapters' Pinecrest Shopping Centre store at 2735 Iris St. at 1 p.m. on Tuesday, July 23.

Justin Bieber will take the stage at the Canadian Tire Centre at 8:15 p.m. on Tuesday.

Boy behaving badly

A recap of the Bieb's latest antics:

- **March 4.** Bieber arrives two hours late to the first of three shows in London, England, and is welcomed by boos from his audience.
- **March 7.** That same week Bieber trades insults with a paparazzo, telling the man "I'll f-----g beat the f--k out of you."
- **April 6.** Forbes magazine asks whether Bieber is hurting his brand with his antics.
- **May 7.** Bieber is pulled over in Dubai, United Arab Emirates, for speeding in a white Lamborghini.
- **July 10.** Video emerges of Bieber relieving himself in a restaurant mop bucket.

OC Transpo. Special constables getting five more years on contract

Ottawa's police services board has approved a five-year extension for the special constables policing OC Transpo's system.

The board unanimously approved the extension Monday night. The special constables have been increasingly busy over the past five years, with the number of calls rising to 22,600 in 2012 from 13,800 in 2008, when the program was launched.

Still, the police board is fine with the current resources available to the 48 constables tasked with dealing with minor crimes and misdemeanours on Ottawa's massive transit system.

"We need to look at all (funding issues), but the request today was just to extend their special constable status," Coun. Eli El-Chantiry, the head of the city's police board, said on Monday evening.

In 2012, constables averaged 471 calls for service over the course of the year — calls that would normally go to police. ALEX BOUTILIER/METRO

It's for you!

22,600

Calls for the special constables have increased to 22,600 in 2012, up from 13,800 calls in 2008, when the program was launched.

Online

For more local news, visit metronews.ca

Same-sex couple in Kingston defiant after threatening letter

Karen Dubinsky was shocked when she opened the mail and found a letter laced with homophobic slurs that said her family was not welcome in the city and they should leave "before it is too late."

"I just had this chilling, weird sense of the contents," said the Queen's University professor who lives in the city with her partner, Susan Belyea, 48, and their 13-year-old son.

The letter claimed to be authored by a "small but dedicated group of Kingston residents devoted to removing the scourge of homosexuality in our city."

"I won't say that we're not afraid," said Dubinsky, 55, adding that her partner of 21 years had the same response.

The letter threatened violence if the family did not leave.

"We will watch and wait, and then strike, at home and office, as need arises," the letter read.

It was followed by a second note that threatened attacks using BB guns if the couple didn't relocate.

Both letters were circulated on Facebook by the couple and their supporters.

Dubinsky said she immediately reported the letters to the police.

Spokesman Const. Steve Koopman said the police are taking the threats "very seriously" and that the "hate-based" letters were "a shock" to the entire community.

He said the letters could originate from anywhere and detectives from the major-crime unit are following every lead.

Staying put

"We weren't going to take them up on their offer and leave town."

Karen Dubinsky, on threatening letters she and her partner received

One of the letters contained claims of ties to Kingston police.

"We absolutely, unequivocally believe that not to be true," Koopman said, adding that he believes it was included as an "intimidation factor."

He said the author or authors of the letters could be charged with criminal harassment and uttering threats to cause bodily harm or death.

Since receiving the letters, Dubinsky said her family and friends have taken to sitting on the front porch to "be visible."

In almost 20 years of living in Kingston, Dubinsky said she's never been on the receiving end of homophobia, even in a "milder form."

The couple's son is a "savvy kid" who "takes things like this in stride," Dubinsky said.

"Having said that, he's a kid and people just threatened his family," she said. "The violence stuff is scary for him as it is for all of us."

Dubinsky said she doesn't know if anything will come of the investigation.

She added that her family is grateful for the community response, which has included flowers delivered to her doorstep, calls and support rallies. THE CANADIAN PRESS

Canadians welcome the U.K.'s prince of pomp

Royal fans wait outside St. Mary's Hospital on Monday in London. When the baby's birth was announced, they were seen on their feet, cheering and dancing. PETER MACDIARMID/GETTY IMAGES

Royal birth. Prime minister, Governor General congratulate Will & Kate as admirers await new arrival's name

Canadians greeted their likely future king with a flurry of congratulations on Monday, but the long-awaited announcement of the prince's birth didn't seem to spark the same frenzy that surrounded his parents' wedding.

The country's political leaders were quick to send good wishes, with many issuing statements shortly after Clarence House officially announced that the Duchess of Cambridge had delivered a son.

Prime Minister Stephen Harper hailed the arrival of "a future sovereign of Canada," calling it a "highly anticipated moment for Canadians given the special and warm relationship that we share with our Royal Family."

Gov.-Gen. David Johnston also congratulated Prince William and his wife, Catherine, saying that, as a father of five, he knows well "the elation that a new arrival brings to a young family."

Even those opposed to the monarchy welcomed the prince's arrival.

Tom Freda, director of the organization Citizens for a Canadian Republic, said any news involving the Royal Family renews the debate over the relevance of a monarchist system, "and debate is good."

Several national landmarks — including the CN Tower, Niagara Falls and Parliament's centre block — were set to shine blue Monday night in honour of the newborn prince.

Anticipation surrounding the royal baby had been building in recent days, but even royal watchers recognized it hasn't rivalled the near-obsessive excitement that ushered in the royal wedding two years ago.

THE CANADIAN PRESS

Watch the throne

Interesting facts relating to Monday's birth of a boy to Prince William and his wife, Catherine:

- **Number of weeks Prince William receives for paternity leave:** 2
- **Number of names the baby is likely to have:** 4 (Princes Charles, William and Harry all have 3 middle names)
- **Number of generations of direct descendants to the throne currently living:** 4
- **Time of prince's birth:** 4:24 p.m., U.K. time
- **Prince's birth weight:** 8 pounds, 6 ounces

Japan

Passenger freed from train gap

Dozens of Japanese train passengers pushed a 32-ton train carriage away from the platform to free a woman who had fallen into the 20-centimetre gap between the train and platform during the busy morning rush hour Monday.

THE ASSOCIATED PRESS

A woman in her 30s trapped after falling in a train gap north of Tokyo escaped unharmed. THE ASSOCIATED PRESS

Bittersweet

Woman claiming she was raped pardoned by Dubai

With her passport back in hand, a Norwegian woman at the centre of a Dubai rape claim dispute said Monday that officials dropped her 16-month sentence for having sex outside marriage in the latest clash between the city's Islamic-based legal codes and its international branding as a Western-friendly haven.

Dubai authorities hope the pardon of the 24-year-old woman will allow them to sidestep another potentially embarrassing blow to the city's heavily promoted image as a forward-looking model of luxury, excess and cross-cultural understanding.

"I am very, very happy," Marte Deborah Dalelv said after she was cleared by the order of Dubai's ruler. "I am overjoyed." THE ASSOCIATED PRESS

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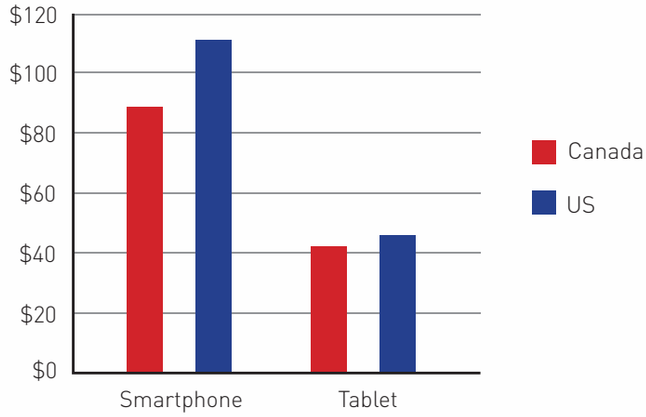
DID YOU KNOW?

FACT:

Using the most popular smartphones and tablets costs less per month in Canada than in the US.[1]



Source:
(1) As of July 17, 2013, based on rates for similar packages published by the three largest Canadian and two largest US carriers for the following devices: Samsung Galaxy S4, iPhone, BlackBerry Z10, Samsung Galaxy Tab, and iPad.

CANADA A WORLD LEADER IN WIRELESS

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acts

Hackers gained access

Developers' info possibly accessed in Apple hacking

Apple says that hackers may have gained access to personal information of software developers who make the company's apps.

Apple Inc. says its website for software developers was hacked Thursday. It's possible that some developers' names, mailing or email addresses was accessed. THE ASSOCIATED PRESS

For the sake of the kids

Want Internet porn? In U.K. you'll have to opt in

Internet service providers in Britain will be asked to automatically block access to pornography sites unless customers opt in, Prime Minister David Cameron announced Monday.

The move is part of measures to stop extreme sexual images Cameron said were "corroding childhood." THE ASSOCIATED PRESS

Set to debut Aug. 20

U.S. news vets to lead Al-Jazeera America launch

Al-Jazeera America said Monday it will bring in a quartet of veteran U.S. television news executives, led by ABC's Kate O'Brian as president, to run the new cable news network and pinpointed Aug. 20 as the launch date.

Qatar-based Al-Jazeera, formed in 1996, has expanded quickly around the world.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
96.67¢ US (+0.21¢)

TSX
12,758.38 (+73.25)

OIL
$106.94 US (-0.93¢)

GOLD
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Natural gas: $3.68 US (-0.11¢)
Dow Jones: 15,545.55 (+1.81)

Nothing's free. More unpaid interns in Canada suing for back wages

Unpaid interns agree to work free in exchange for training and job prospects, but a growing number of them say employers aren't living up to their side of the bargain.

In recent months, former interns in the U.S. have won several high-profile lawsuits for back wages, spurring a growing backlash here in Canada.

Jainna Patel, 24, a math and statistics graduate from McMaster University, filed a federal labour complaint against Bell Mobility after spending five weeks in its Professional Management Program (PMP) in Mississauga, Ont.

In response, Human Resources Development Canada sent a letter to Bell, requesting it either pay Patel's back wages or contest the complaint she filed. The company had until July 9th to file its response.

A Bell spokesperson told Torstar News Service that their program is not only legal, but one of the best internships in the country.

In the year since Patel first filed her complaint she hasn't heard from Bell, but remains hopeful because interns across North America have been winning cases like hers.

Last month, two unpaid interns working on the Oscar-winning film Black Swan successfully sued Fox Searchlight pictures. A New York district judge ordered the film production company to pay back wages because the interns did the same work as regular employees, provided value to the company and performed low-level tasks that didn't require any specialized training. Fox is appealing the ruling.

Shortly after the decision, interns at the website Gawker also filed a suit for unpaid wages.

Here in Canada, interns are also starting to file complaints.

In 2012, Kyle Iannuzzi was awarded almost $1,000 in back wages from Platinum Events Group in what he believes was the first successful complaint against a company for an unpaid internship in Ontario.

TORSTAR NEWS SERVICE

Jainna Patel is a former intern at Bell who put in a labour complaint for back wages last year. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Home insurance. Rates could rise as Canada hit by 'unprecedented' weather

Canadians could be paying more for home insurance as the toll of severe weather on personal property continues to climb, one of the country's largest insurance companies said Monday.

Intact Financial Corp. said it expects to book about $257 million in expenses stemming from the flooding in Alberta and Toronto and the deadly Lac-Mégantic train derailment in Quebec.

"The devastation brought on by recent flooding and torrential rain is unprecedented," Intact chief executive Charles Brindamour said in a statement.

"The scope of the damage and destruction ... is a stark reminder that we must adapt the protection offered to Canadians to ensure it remains sustainable in light of the greater prevalence and severity of weather events." THE CANADIAN PRESS

Like real athletes, gamers have rowdy fans cheering them on at championships — like this enthusiast seen at the 2012 League of Legends championships in Los Angeles. COURTESY/RIOT GAMES

Video gamers go from couch potatoes to athletes

Big business. E-sport players are now eligible for athlete visas in U.S.

LUKE SIMCOE
Metro Online

Are video-game players athletes? The U.S. government thinks so.

In what's being touted as a victory for competitive gaming, electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in America for up to five years. The visas are the same as those given to foreign athletes in other major sports leagues, like the NBA and NHL.

The change comes at a time when e-sports in North America are transitioning from small-time hobby to big-time business.

"The ecosystem is growing by leaps and bounds," said Dustin Beck, vice president of e-sports at Riot Games. "We're seeing an average of nearly four million fans tuning in weekly for our European and North American broadcasts and we hit 18 million unique views for our all-star finals back in May."

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WHAT ARE YOU STARING AT?

SHE SAYS

Jessica Napier
metronews.ca

My friend and I have a code word that we use whenever we catch each other staring at someone for a prolonged period of time. It's a subtle way to notify one another that it's time to look away. This is more of a one-sided initiative, however, as I never let my gaze linger for more than a couple of seconds while she has a tendency to stare excessively.

She insists that she doesn't realize she's doing it — hence the need for a secret phrase to covertly remind her to stop being creepy — and she's certainly not the only person out there with a habitual staring problem.

As a daily public transit user, I know all about uncomfortable eye contact with strangers. It can be difficult to know where to look in a packed train or bus, which is why most of us use props — books, cellphones, perhaps even this very newspaper — in an effort to avoid gazing at fellow passengers.

Social norms dictate that non-stop staring should be avoided, and yet some people just can't help themselves. Whenever I catch someone looking at me I immediately feel two things: embarrassed (because I fear a stray piece of spinach must have wedged itself in between my teeth) and kind of irritated.

Staring, even if it is harmless or unintentional, has the tendency to make others feel self-conscious and objectified. Nobody wants to be eyed up and down by a stranger, but what is the appropriate response to this sort of behaviour? I've never had the audacity to react with, "Take a picture, it'll last longer," but I have thrown out a passive aggressive "Can I help you?" on a couple of occasions.

Then again, maybe this notion that everybody is constantly looking at each other is all in our heads.

Earlier this year, researchers at the University of Sydney published a study on the topic of gaze perception and discovered that humans have a tendency to presume other people are staring at them, even when they aren't. And no it's not because we're a bunch of paranoid narcissists — this expectancy is actually a defence mechanism.

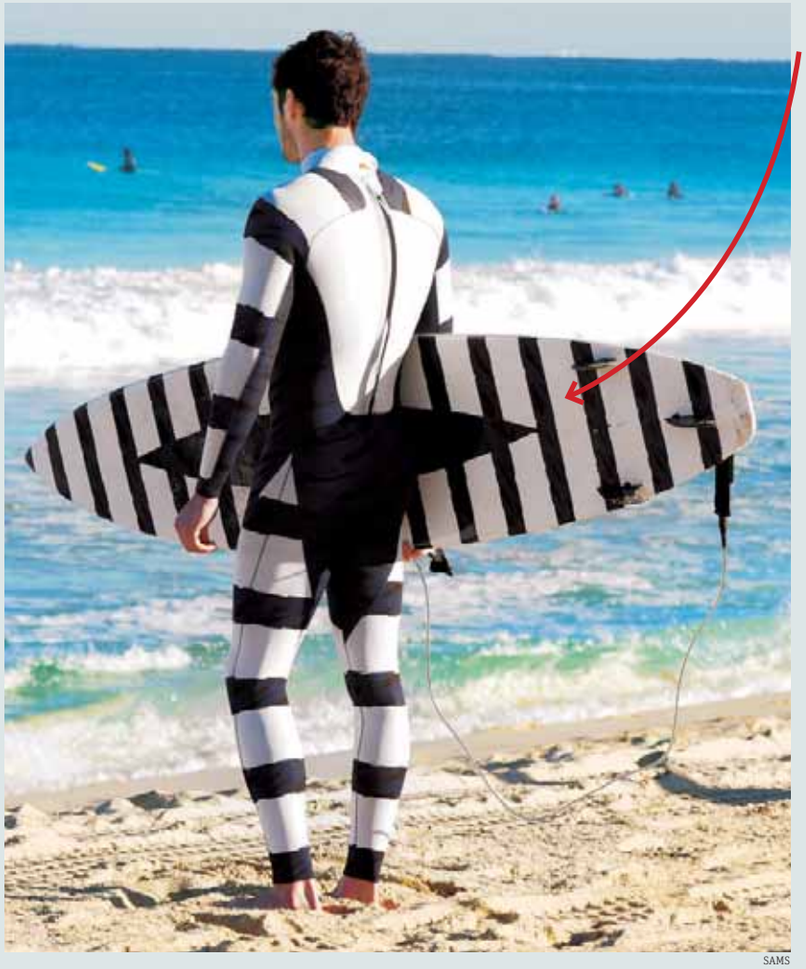
In primates, a lengthy direct gaze is a sign of aggression. Researchers theorize that this hostile interpretation could explain why humans are hard-wired to assume that they are being looked at in order to anticipate potential threats. It might also explain why we have an innate ability to "feel" as though someone is watching us even if we can't see them directly.

So remember, if you do come across someone worth gawking at, there's a strong chance that they are going to know about it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

How to dress for survival



SAMS

Wetsuits to trick sharks unveiled

Australian researchers have launched a set of anti-shark wetsuits, using new expertise on the predator's eyesight to evade an attack. Scientists from University of Western Australia and designers Shark Attack Mitigation Systems (SAMS) made two types of wetsuits to protect swimmers. **METRO**

Suit yourself

- **The Elude suit.** Designed for divers and snorkellers, the blue-and-white outfit uses "disruptive colouration" camouflage, which is difficult for a shark to see.
- **The Diverter suit.** Made for surfers, the bold black-and-white striped suit mimics the colours of poisonous fish as a deterrent or repellent to sharks.

Project proves to be successful

Testing using dummies off Australia's west coast saw tiger sharks ignoring SAMS suits but targeting black wetsuits. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

A lot can happen in six seconds. If you're a comedian staring awkwardly into a silent audience, six seconds can feel like eternity — which is maybe why so many comedians turn to Vine to share their craft. If you've got six seconds to kill and are looking for a laugh, these comedians have your back.

Will Sasso
MadTV's Will Sasso's lemon-barfing vines have been making the rounds pretty much since Vine became a thing. But his gags aren't just lemons, as expected, there's no shortage of wrestling gags in his repertoire, too.

Reggie Watts
From personal thoughts to odd moments, the musical funnyman, recognizable for his giant hair, delivers his odd sense of humour like the weirdo, superstar he is.

Adam Goldberg
With an emphasis on the drink, Adam Goldberg's six-second vids are gold (usually in a glass, or after having drunk from a glass).

Letters

RE: Banning Chris Brown In Halifax: Would We Be Moral White Knights, Or Just Hypocrites? It's Complicated... published July 22

Last time I checked if you were a convicted criminal you were not welcome in Canada?

Plus, I don't think this punk has learned anything from beating his girlfriend at all, to listen to him he is the victim not her. Stay home Brown and join an anger management group.
mtwt posted to metronews.ca

Rodney Atkins, Axl Rose and Tommy Lee ... what do all three men have in common with Chris Brown? First off, I would like to say all three men have performed in Halifax, N.S.

Which is great for their fans, but if we were to compare them with Chris Brown: there is not much difference.

Rodney Atkins allegedly attempted to suffocate his wife with a pillow. Axl Rose has been accused of assault and sexual battery. Tommy Lee kicked Pamela Anderson while she was holding their son Dylan. He also beat a photographer at one point.

Before anyone judges Chris Brown, and thinks he shouldn't come, they should do their research on the others who have come here.
Melanie posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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DVD reviews

Trance

Director. Danny Boyle

Stars. James McAvoy, Vincent Cassel, Rosario Dawson

●●●○○

Genre-hopping British filmmaker Danny Boyle describes this serpentine psycho-thriller as personal therapy, a stress reliever he made while also directing last summer's Olympics opening ceremony. The stop-and-start nature of the production may account for the film's patchwork vibe. More difficult is the lack of feeling it summons for the three principal characters, played by James McAvoy, Rosario Dawson and Vincent Cassel. Trance begins as a heist picture, one in which Goya's fearsome masterpiece Witches in the Air sells for a cool $42 million in London, before vanishing under the watch of auction official Simon (McAvoy). Then the confusion really starts, as a hypnotherapist Elizabeth (Dawson) and crook (Cassel) get involved. The problem with Trance is that Boyle and his writers want to mess with more than just Simon's brain. The story becomes twisted and unreliable to the point of being downright silly, as motivations shift and finding the missing Goya starts to seem like the furthest thing from everybody's mind.

PETER HOWELL

Pieta

Director. Kim Ki-duk

Stars. Min-soo Jo, Jeong-jin Lee, Ki-Hong Woo

●●●●○

A mother's love for her child takes on brutal new meaning in this film by Kim Ki-duk, one that's as hard to watch as it is to forget. It boldly brings together the two sides of the South Korean auteur: the penchant for sadism from such earlier works as Bad Guy and The Isle, and the spiritual reflections of his master stroke, Spring, Summer, Fall, Winter ... and Spring. Themes of vengeance vs. forgiveness bleed into each other as the story becomes a meditation on life's meaning.

PETER HOWELL

Don't forget your costume!

Another year of Comic-Con is behind us, with fans and celebrities limping away from the San Diego Convention Center. Metro asked some of the celebrity attendees for Comic-Con survival advice.

Lily Collins

Star of The Mortal Instruments: "(Bring) a pair of flats, because running in (high heels) has been really difficult. Oh, and Band-aids. And bring your camera. I've been taking so many photos."

Dane DeHaan

Star of The Amazing Spider-Man 2: "From what I've seen in terms of being a fan coming here, it's a lot about patience, because those are some long-ass lines."

Jamie Campbell Bower

Star of The Mortal Instruments: "Lots of water. Stay hydrated because sometimes those costumes, oh boy. I mean, you don't want to be walking around looking like Chewbacca and not have water."

Bill Hader

Stars in Cloudy with a Chance of Meatballs 2: "Don't go (laughs). Know what you like. Have specific things that you like and just go to those. And then on the way to those you'll catch glimpses of other things."

Harris isn't afraid to carve her own path

Hatchet 3. Horror heroine bucks Hollywood convention and is content with "just being me"

CHRIS ALEXANDER
scene@metronews.ca

Danielle Harris is really a machine disguised as a woman.

The whirling dervish of an actor began her professional journey as a child star in the '80s, starring in the back-to-back horror sequels Halloween 4 and 5 as a little girl running afoul of masked killer The Shape.

Thankfully she stepped away, grew up, and re-emerged as an intelligent, unaffected and level-headed blend of performer and savvy businesswoman and is now a major star in the horror underground and one of the most prolific people alive, averaging at least five pictures per annum and appearing at countless fan conventions.

Among her many credits this year — including Among Friends, her directorial debut — is the Adam Green-produced slice and dicer Hatchet 3, opening on Wednesday as part of the Raven Banner/Cineplex theatrical horror series Sinister Cinema.

From Halloween to Hatchet, Danielle Harris has horror covered. HANDOUT

In it Harris plays Marybeth, a tough heroine who crosses paths with deformed killer Victor Crowley (Kane Hodder). It's a role she took over from the first film's Tamara Feldman, but as she explains, she had no trouble making the character her own.

"When I was cast as Marybeth in Hatchet 2, I wasn't worried at all," Harris says.

"In the first film she was weaker but I had the chance to make her more assertive and more of an adversary to Victor. And really, I have a 'get out of jail free card' with the fans. They seem to embrace me in whatever film I'm in, so there was no pressure at all."

Harris is right; she is most certainly a fan favourite — a beautiful, talented and tenacious artist whose frantic schedule would crush a lesser person. And yet she seems to find balance and is still having a blast navigating Hollywood and carving her own niche.

"I don't have an agent. I don't need one anymore. And I don't need to audition anymore. I can't stand auditioning. By now, people know who I am and what I can do. And although people do recognize me now, I have no desire to ever be on the cover of Us Weekly or be pushed into that world. I'm happy doing my work, acting and directing and running around in my baseball hat, just being me."

If you go...

Hatchet 3 will screen at Cineplex theatres across Canada on Wednesday.

SCENE

Selena Gomez ALL PHOTOS GETTY IMAGES

Single Selena learned lessons of love in the limelight

Selena Gomez, who turned 21 Monday, confirms in an interview with Ryan Seacrest for an E! special that she and Justin Bieber are not together — at the moment — but that the in-the-spotlight relationship taught her a number of things. "I learned a lot. I learned that I should definitely keep it way more private next time," she says, adding that "honesty" is the main thing she looks for in a man. "Egos turn me off, big time. I mean, it's hard to just date in this industry, it really is, because it doesn't have to be anything serious, it can just be something fun — and it should be because I'm young — but you can't really help the people that you meet or that you fall in love with or that you want to date."

Kanye West

Does whiny West deserve a Swift kick in the pants?

It looks like Kanye West's infamous interruption of Taylor Swift during the 2009 MTV Video Music Awards is going to continue to haunt him — especially with the surfacing of a recording secretly made while West ranted during a post-show dinner, according to Gawker. "I'm pushing the envelope! I wrote my f—ing Run This Town verse for a f—ing month! When I heard Eminem's verse on the Drake s—, I went back and rewrote my s— for two days. I cancelled appointments to rewrite! I f—ing care," West reportedly gripes on the recording. "Because I did that, Taylor Swift cannot win over Beyoncé! Because I wrote my verse in two days, Taylor Swift cannot beat Beyoncé. As long as I'm alive! And if I'm alive, kill me then! Kill me then! As long as I'm alive, you gon' have to deal with it. Because there ain't going to be no more motherf—ing Elvises with no James Brown."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hungry, hungry Harry: Disappearing Daniel worries weight-watching fans

THE WORD
Dorothy Robinson
scene@metronews.ca

Daniel Radcliffe's recent gaunt, exhausted appearance has fans worried, but his rep insists it's all work-related, telling Yahoo's omg! that Radcliffe's current stint in The Cripple of Inishmaan on stage in London "is a very demanding role, physically."

But the toll the show, and the summer weather, have been taking on the Harry Potter star haven't stopped him from tending to his fans.

"At every night's performance there is a large crowd at the stage door, and he takes the time to sign autographs and pose for pictures at length," his rep adds, "regardless of the extreme London heat wave."

You know, if this were any other star, I'd say something like: "The heat wave here isn't getting me into a size six, what is going on with Daniel (cough, drugs, cough)?" But it's Daniel Radcliffe! No way! He's just going to look sickly and we will accept the reason his publicist gives us.

And this, my friends, has never happened before in this column. Is the birth of the Royal Baby making me mushy toward all things British?

Kelly Rowland

Row, row, Rowland your boat, not so gently down the stream

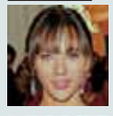
Kelly Rowland's fun day-trip whale-watching off the coast of Provincetown, Mass., turned into quite the ordeal when the singer and her party ended up lost at sea for 12 hours before being rescued by the Coast Guard, according to CBS News. The captain of the private vessel reportedly became "disoriented in the five-to-six-foot waves and fog that had rolled in," a source says. The boat was located by the Coast Guard and was being escorted back when it broke down and had to be towed the remaining four miles to shore. An employee of the towboat company says the passengers were "tired and thankful" and "just wanted to get off the boat."

Billy Ray Cyrus

Billy Ray and his belle resolve to heal their achy breaky hearts

Billy Ray Cyrus and his wife, Tish, are calling off their divorce, a source close to the couple confirms to E! News. "I spoke to Tish and she told me they both woke up and realized they love each other and decided they want to stay together," the source says. "They went into (couples) therapy with the goal of divorcing in a way that was healthy for the children but ended up coming out of it with the realization that they in fact want to stay together. Tish sounds happy and energized about having this fresh start."

Twitter



@iamrashidajones
Today may be a good day to announce my new EDM DJ name: Royal Baby Labour

@oliviawilde
Dudes just walked by my pooch and me on the street and said "now that's a gay dog". NYC compliments do not get better than this.

@MarkDuplass
Every time you google yourself, a tiny piece of your soul dies in a fiery car crash.

Best Health

Staying hydrated in summer — continued

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months when we sweat more. But, as we talked about last week, not all drinks are created equal.

Healthy choices
In addition to water, coconut water and vitamin-enhanced waters, here are some other options:

Lower-fat milk
It has lots of essential nutrients. One cup of one per cent milk has calcium, vitamin D, magnesium and phosphorus.

Vegetable juice
These typically have one full serving of veggies, and fewer calories than fruit juice.

Not-so-healthy choices
Here is one you might want to limit:

Sports drinks
A bottle of a sports drink like Gatorade contains 150 calories and 35 grams of sugar. It also has 270 mg of sodium. Try one of the calorie-reduced versions.

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The bitter truth about sweeteners

Debate. Have a sweet tooth but don't know what's best (or worse): fake sugar or real? Here's the lowdown on the popular sweeteners

MICHELLE CASTILLO
life@metronews.ca

Get to know what you're putting in your body. ISTOCK PHOTOS

Want to know what sweeteners are good for you? Metro breaks down the benefits and drawbacks of the most common kinds.

Sugar

Natural, yes, but "added sugars" (which also include simple sugars like honey and brown sugar) was recently put on the American Heart Association's (AHA) black list of items that were detrimental to heart health.

"The best rule of thumb is to start with an unsweetened food and add just a touch of sweetener yourself," nutritionist Dr. Janet Brill explains. "For example, try unsweetened iced tea or plain, non-fat yogurt and add in a touch of your sweetener of choice."

Aspartame

One way to avoid added sugars is to use an artificial sweetener. Aspartame is made up of methanol, phenylalanine and aspartic acid, and is 200 times sweeter than sugar, says Brill. Brand names of the product include Nutrasweet and Equal. As an added bonus, it is calorie-free.

While the U.S. Food and Drug Administration and the European Food Safety Authority have said it is safe for human consumption, some research has cast doubt on its long-term safety.

Malitol and sorbitol

These artificial sweeteners are sugar alcohols. They are not completely absorbed in the body, which means that the body takes in less calories than when you consume regular sugar, Brill explains.

However, they can cause several gastrointestinal side effects.

"Most 'sugar free' or 'diet' foods are made with one of these sweeteners, which is exactly why when you eat those foods you are more gassy and bloated," says celebrity nutritionist Mark Macdonald, author of New York Times-best-seller Body Confidence.

"Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars, so you are always better to use the healthy sweeteners to sweeten up your food."

Agave nectar

Agave nectar is a natural sweetener made from the same plant that they use to make tequila. It ranks low on the glycemic index, which means it does not raise blood sugar levels rapidly.

However, this may be due to the fact it is hard for the body to process because it is a form of fructose, chemically similar to high fructose corn syrup.

Though it contains some additional minerals, it is in too low quantities to make a significant difference.

Stevia

Stevia is a natural sweetener made from a South American plant that has been used for hundreds of years.

"Stevia is the healthiest low cal sweetener on the market, so that is what I recommend most," Macdonald pointed out.

However, recent research shows that stevia may not lower blood sugar levels and could negatively affect blood sugar control in diabetics.

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What is TMD?

Rocky Mountain Cheesecake: the scenic route for taste buds

These individual party-in-your-mouth Rocky Mountain Cheesecakes are perfect when you want a controlled portion of dessert. The water bath keeps the cheesecakes smooth and silky tasting.

1. Preheat the oven to 350 F. Line a 12-cup muffin tin with paper liners.

2. Combine the ricotta, cream cheese, sour cream, egg, sugar, cocoa and flour in a food processor. Purée until smooth. Divide the mixture among the prepared muffin cups.

3. Set the muffin tin in a larger pan. Pour enough hot water into the pan to come halfway up the sides of the muffin cups.

4. Bake in centre of oven 20 minutes. Remove and sprinkle marshmallows and chocolate chips evenly over the cheesecakes. Return to the oven and bake for 5 minutes longer, or until the marshmallows and chocolate chips begin to melt.

5. Remove the muffin tin from the water bath and cool on a rack. Chill well before removing the paper liners and serving. **ROSE REISMAN**

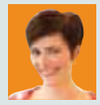
Ingredients

- 1 3/4 cups smooth ricotta
- 1/2 cup light cream cheese, softened
- 1/2 cup low-fat sour cream
- 1 egg
- 3/4 cup granulated sugar
- 3 tbsp unsweetened cocoa powder
- 1 1/2 tbsp all-purpose flour
- 1/3 cup miniature marshmallows
- 3 tbsp mini semi-sweet chocolate chips

This recipe serves 12. ROSE REISMAN

Health Solutions

Melt in your mouth sweets



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is nothing like a great dessert to end a perfect meal ... but, what happens in the summer?

Baking just isn't in the cards for many people.

Frozen desserts are your perfect solution and granita is way easier than ice cream.

The bonus is that you can use just about any fruit that may be a little too ripe to enjoy and impress guests.

Only you will know that all you needed was a metal cake pan and a fork.

The trick with granita is to make sure you're breaking up the ice as it freezes.

- 1 cup of simple syrup (Note: To make "simple syrup" boil 1 cup of water and 2 cups of sugar until dissolved. Let cool.)
- 1 cup of puréed fruit

1. In a blender, whiz together simple syrup and any ripe fruit.

2. Pour into a metal pan and freeze. Scrape crystals as they form every hour or two.

3. Serve in individual champagne or martini glasses as a treat, dessert or palate cleanser at a summer barbecue.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dessert. Frozen Chocolate-Dipped Peanut Butter Banana Bites

1. Melt chocolate in top of double boiler or in microwave, then stir in peanut butter.

2. Place peanuts in a wide, shallow dish. Roll 3 to 4 pieces of banana in the melted chocolate and peanut butter mixture, and stir to coat.

3. Remove bananas using a fork and place in the dish containing peanuts. Roll chocolate-covered bananas in peanuts and coat as best as you can. Once well coated, place bananas on baking sheet lined with waxed paper.

4. Repeat with remaining bananas, re-melting the chocolate mixture if needed. Once complete, place in freezer.

5. Once frozen, store in freezer bag or airtight container. Thaw for 8 to 10 minutes before eating, to ensure banana bites are frozen, but not rock hard. **NEWS CANADA/ PEANUTBUREAU.CA**

Ingredients

- 4 oz (115 g) bittersweet or milk chocolate, chopped
- 1 tbsp (15 m) peanut butter
- 1 cup (250 ml) peanuts, finely chopped
- 2 large bananas, cut into 1 1/2-inch (4-cm) pieces

Buttermilk Cake: Where your sweet tooth meets the grill

Wow your guests with this impressive Grilled Peach Trifle With Lemon Buttermilk Cake.

1. Cake: Heat oven to 160 C (325 F). Butter 25-cm (10-inch) non-stick springform pan; line bottom with parchment paper.

2. In bowl, using an electric mixer on medium speed, beat together sugar, butter and vanilla until creamy and smooth. Beat in eggs, 1 at a time.

3. Into bowl, sift flour, baking soda, baking powder and salt.

4. Reduce mixer speed to low. Slowly add flour mix to sugar mix, alternating with buttermilk, until well mixed. Add lemon zest and juice; mix well. Spread into prepared pan; smooth top.

5. Bake 40 mins. until tester inserted in centre comes out clean. Let cool in pan on rack 10 minutes. Carefully remove and let cool on rack completely.

6. Syrup: In saucepan, combine raspberries, sugar, water and juice; bring to simmer on high heat, stirring frequently. Reduce heat to medium and simmer for 5 mins. or until raspberries completely break down. Strain through fine-meshed sieve, pressing on berries to extract juice. Discard seeds and refrigerate syrup to cool.

7. Peaches: Heat grill to medium-high. Place peaches cut-side down on greased grill; grill, with lid down, 4 mins. Turn peaches over and grill for 2 mins. Let cool to room temp.

8. Cream: In chilled bowl, whip cream, icing sugar and almond and vanilla extracts until stiff peaks form.

9. To assemble: On a serving platter, place cake. Cut wafer-thin horizontal slice off the top of the cake. Drizzle with 175 ml (3/4 cup) of raspberry syrup. Spread almond cream to edges. Place grilled peach halves on top. Drizzle with remaining raspberry syrup and sprinkle with almonds. Serve. **THE CANADIAN PRESS H/O**

This recipe serves 8 to 12. THE CANADIAN PRESS H/O

Ingredients

Lemon buttermilk cake
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) butter, room temperature
- 5 ml (1 tsp) vanilla extract
- 2 eggs
- 375 ml (1 1/2 cups) flour
- 1 ml (1/4 tsp) each baking soda, baking powder and salt
- 90 ml (6 tbsp) buttermilk
- 1 lemon, zest finely grated and juiced (about 45 ml/3 tbsp)

Raspberry syrup
- 500 ml (2 cups) raspberries
- 125 ml (1/2 cup) each granulated sugar and water
- 5 ml (1 tsp) lemon juice

Almond whipped cream
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 50 ml (1/4 cup) icing sugar
- 3 ml (3/4 tsp) almond extract
- 2 ml (1/2 tsp) vanilla extract
- 4 to 6 freestone peaches, cut in half and pitted
- 75 ml (1/3 cup) toasted sliced almonds, for garnish

ADIAN PRESS/CHEF MICHAEL ALLEMEIER OF CALGARY FOR ANYDAYMAGIC.CA.

Male survey results are in: pre-stalking prospective partners all the rage

Askmen.com recently announced the results of its Great Male Survey conducted in Canada, the United States, Australia and the United Kingdom.

The survey covered a number of topics, including dating and sex; health; politics; entertainment; fashion; career/business; and technology.

Here is a look at some of the Canadian dating and sex results from the survey.

• 36 per cent believe a sense of loyalty is the most important trait for deciding if a woman is "relationship material".

• 74 per cent would not cheat on their partner, even if there was no chance of them finding out.

• 68 per cent of respondents would lie to their partner to avoid an argument.

Manly man

Thirty-eight per cent of respondents believe Vladimir Putin is the manliest political figure (over Barack Obama, Bill Clinton, Paul Ryan and Kim Jong-un).

• 52 per cent of respondents would dump their partner if they gained a significant amount of weight.

• If they could change one thing, 23 per cent of respondents would change their partner's nagging.

• 37 per cent of respondents believe women start losing their looks at 40 years of age.

• 76 per cent would pre-stalk a prospective partner.

• 84 per cent of respondents answered no when asked if they've ever said, "I love you" just for sex.

• 71 per cent of respondents fantasize about a partner's friend.

• 53 per cent of respondents have never been tested for STDs.

FOR MORE RESULTS, CHECK OUT ASKMEN.COM. METRO

Dinner party etiquette

It is never OK to leave your cellphone on the dinner table. ISTOCK IMAGES

Hold the phone!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Conundrum

You are going out to an important formal dinner at your boss's home. Your four-year-old child is home sick with a temperature and has a babysitter.

Is it reasonable for you to keep your cellphone on the dinner table to take any texts or calls that may come in from the babysitter, even if the babysitter is a mom herself who has babysat for you many times before?

Answer

It is never OK to leave your cellphone on the dinner table. Firstly if you are worried that your child is that sick, than perhaps it might be better to stay home and take care of him yourself.

Secondly, if you must go out and anticipate a call, first inform your hostess in private of the situation, secondly keep your cellphone on vibrate and in your pocket or lap. In the event that it does ring, excuse yourself from the table (don't explain why, just a simple "excuse me") and leave the dinning room before taking the call. If the situation is serious, then return to the dinning room and politely whisper into the hostess's ear that you must excuse yourself and return home at once.

Remember to send a note of apology the following day, and include how your child is doing.

Making a case to keep a cash stash

YOUR MONEY
Alison Griffiths
money@metronews.ca

I love cash. When bad things happen — lost wallet, power outage and credit or debit card terminal woes — a secret cash stash rules.

Here's a case in point. My youngest daughter had a fraudulent charge on her credit card. She caught it and got a new card. However, she now appears to be on a high-risk watch list and any "odd" transaction triggers a block. On a recent trip to the U.S. her card was declined while trying to fill up her car to drive back to Canada.

Luckily, she occasionally listens to her mom and had an emergency $100 stashed in her car.

At home and everywhere you go some cash should be available. And I don't mean through ATM machines. They can run out of bills, break down or be felled by a power outage as happened during the recent floods in Alberta and Greater Toronto.

Keep a few hundred dollars in cash at home. You never know when you'll need some money in an emergency. ISTOCK IMAGES

At home, I recommend singles have around $200 cash while families should aim for at least $100 per person. Yes, someone could break in and find the dough under your mattress. But the risk is small compared to the inconvenience of being stuck without money in an emergency.

During holidays or business trips, you should have sufficient funds available for at least one night at a hotel plus meals. Sure, there are emergency replacement services available, but you can't always contact the credit card company and a couple of days might pass before the replacement arrives.

During Hurricane Sandy friends were forced to stay an extra three days in Virginia with no cellphone service and the single ATM at the local one-horse town was on the fritz. Fortunately, they had $500 cash and were comfortably able to wait out the storm. Kids also need to be made aware of the emergency cash. A note and receipt for any money used is a good plan. Granted, a stash can be tempting.

When my oldest daughter was in high school she cleaned out the teapot and bought pizza, movies and taxi rides for a bunch of friends. She paid it back, with interest, and never went near it again — except for real emergencies.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

$1,100

What Brad Pitt keeps in his wallet, from People Magazine.

Silver sky-lining in Spain

Roseline Filion, left, and Meaghan Benfeito, of Canada, perform a dive during the 10-metre platform final at the FINA world championships on Monday in Barcelona. The pair finished with 331.41 points to take silver behind China's Chen Ruolin and Liu Huixia, who accumulated an unassailable 356.38 points. Malaysia's Pandelela Rinong and Mun Yee Leong were 0.27 points behind Montreal's Benfeito and Laval, Que., native Filion to claim bronze. MICHAEL SOHN/THE ASSOCIATED PRESS

Braun bites the bullet

MLB. Brewers star accepts penalty for violating baseball's drug program

Former National League MVP Ryan Braun was suspended without pay for the rest of the season and the post-season Monday in the first penalty following Major League Baseball's investigation of the Florida clinic accused of distributing performance-enhancing drugs.

Braun accepted the penalty.

"I am not perfect. I realize now that I have made some mistakes. I am willing to accept the consequences of those actions," he said in a statement.

Costly 'mistakes'

$3M

Ryan Braun will miss the Brewers' final 65 games, costing him about $3 million of his $8.5 million salary.

MLB attempted to suspend Braun for a positive drug test after the 2011 season, but an arbitrator overturned the penalty because the star's urine sample was not handled as specified by baseball's drug agreement.

Braun, Yankees star Alex Rodriguez and more than a dozen players were targeted by MLB following a report by Miami New Times in January that they had been connected with Biogenesis of America, a now-closed anti-aging clinic.

Commissioner Bud Selig announced the penalty, citing Braun for multiple unspecified "violations" of baseball's drug program and labour contract.

"We commend Ryan Braun for taking responsibility for his past actions," said Rob Manfred, MLB's executive vice-president for economics and league affairs. "We all agree that it is in the best interests of the game to resolve this matter. When Ryan returns, we look forward to him making positive contributions to Major League Baseball, both on and off the field."

THE ASSOCIATED PRESS

Ryan Braun, the 2011 NL MVP, won't appeal his ban for violating MLB's drug program. GETTY IMAGES

MLB

Cubs ship Garza to Arlington

The Texas Rangers finally have Matt Garza in their starting rotation.

Texas acquired Garza from the Chicago Cubs in a trade completed Monday, just more than a week before the July 31 non-waiver trading deadline and several days after it initially appeared the two teams had a deal done.

The 29-year-old right-hander will provide a boost to a Rangers starting rotation plagued by injuries.

THE ASSOCIATED PRESS

Reports say Matt Garza has been traded from the struggling Cubs in the NL to the contending Rangers in the AL. GETTY IMAGES

Shuttlecock fight

Thai pair prove bad boys play badminton, too

A fight broke out between two former doubles partners from Thailand at the Canada Open over the weekend in Vancouver, prompting the Badminton World Federation to launch an investigation.

During a change of ends Sunday in the doubles final, Bodin Issara lunged at Maneepong Jongjit, chasing him onto a neighbouring court before punching him several times.

Issara was dragged away and held down by coaches and tournament staff, while his partner, Pakkawat Vilailak, escorted a shirtless Jongjit off the court.

THE ASSOCIATED PRESS

Olympics. Speed a priority for 'Stevie Y' on larger Sochi ice surfaces

Sidney Crosby will try to lead Canada to a second straight Olympic gold next March in Sochi, Russia. GETTY IMAGES FILE

Sidney Crosby and Jonathan Toews lead a list of 47 players invited to a summer orientation camp for the Canadian men's Olympic hockey team.

The camp in Calgary runs from Aug. 25 to 28 and will begin the process of selecting the 25 players who will play for Canada at the 2014 Winter Games in Sochi, Russia.

Crosby and Toews are among 15 invitees who helped Canada win gold at the 2010 Games in Vancouver. The others are goalie Roberto Luongo, defencemen Dan Boyle, Drew Doughty, Duncan Keith, Brent Seabrook and Shea Weber, and forwards Patrice Bergeron, Corey Perry, Ryan Getzlaf, Rick Nash, Mike Richards, Eric Staal and Joe Thornton.

Pushing forward

"Some of these younger players are forcing their way into the lineup." Team Canada executive director Steve Yzerman. Newcomers on the orientation camp list include defencemen Alex Pietrangelo and P.K. Subban and forwards Steven Stamkos, John Tavares, Claude Giroux and Brad Marchand.

Team executive director Steve Yzerman said being mobile on the larger international ice surface in Sochi will be key.

"Ultimately, we'll pick the best players available to us, but playing on a bigger ice surface, I believe there is a priority on being able to skate," Yzerman said on a conference call. "That will weigh into our final decisions on putting this team together."

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You have sacrificed a lot of late and no doubt feel you are entitled to something in return — and you're right. Decide what you want then reach out and take it.

♉ Taurus
April 21 - May 21
The conditions you find yourself in are largely of your own making. If you want to change things, the effort must come from you. Loved ones will help but only if you ask.

♊ Gemini
May 22 - June 21
The Sun's change of signs means you would like nothing better than to forget about serious things and have fun. So why don't you? Life is too short to waste even one day doing what you don't enjoy.

♋ Cancer
June 22 - July 23
You have something important to deal with and although the Sun has moved out of your sign, Mars and Jupiter will give you all the energy and enthusiasm you need to sort it out.

♌ Leo
July 24 - Aug. 23
As the Sun begins its transit of your birth sign, you can afford to be more adventurous. By all means, weigh up the pros and cons but don't let fear or other people's disapproval hold you back. Go for it.

♍ Virgo
Aug. 24 - Sept. 23
You may have to put others' needs ahead of your own but if you stand back and see the bigger picture, you'll realize you are helping yourself as well. Everyone benefits.

♎ Libra
Sept. 24 - Oct. 23
If you have made a mistake then admit it. It's really no big deal. Everyone does something silly once in a while, so make light of it and then move on.

♏ Scorpio
Oct. 24 - Nov. 22
The next few days will be productive, especially on the work front where you will find favour with important people. The most important thing is that you have a clear mental image of your long-term goal.

♐ Sagittarius
Nov. 23 - Dec. 21
If someone has displeased you then you must let them know. You may be forgiving by nature but if you let them get away with it, they may think they can do it again.

♑ Capricorn
Dec. 22 - Jan. 20
Don't waste time on people who refuse to play by the rules. Either come down on them hard or cut them out altogether. It doesn't matter which approach you choose as long as you mean it.

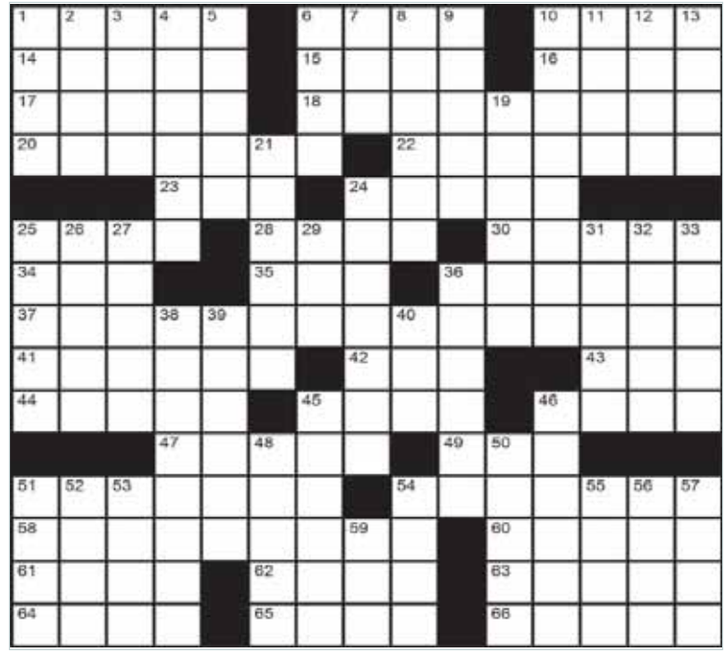
♒ Aquarius
Jan. 21 - Feb. 19
A dispute will disturb your peace of mind today and you must deal with it before it gets out of hand. This is a great time for affairs of the heart. Don't let anything spoil it.

♓ Pisces
Feb. 20 - March 20
If you push yourself harder than usual today, you will get more done. But don't risk hurting yourself physically. Nothing is more important than your wellbeing, not even success. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



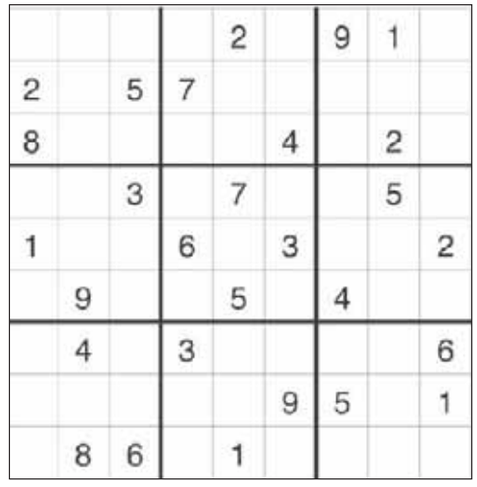
Across
1. "La __ Nikita"
6. Suzanne Vega song
10. Fashion designer, L'__ Scott
14. Manner of speaking
15. "Up and __ '__!" (Rise and shine!)
16. Digger's creation
17. Italian luxury brand
18. Locale of Acadia University in Nova Scotia
20. Juno-winning Hamilton band
22. Quickly fried
23. __ bread
24. Country music's Mr. Haggard
25. Mend the mitten
28. "Or so __ say." (Apparently)
30. Run after
34. Veggie of Japan
35. Canuck band, __ 41
36. Prison guard in ye olden times
37. The Potato Eaters, for one: 3 wds.
41.Brendan Fraser comedy, "__ Man" (1992)
42. Selfish sort
43. Dove's sound
44. diy Network implements
45. Boxing locale
46. Mr. Frobe who played the title role in James Bond movie "Goldfinger" (1964)
47. Shoe's strings
49. Worcestershire sauce brand, __ & Perrins
51. Stars: French
54. BC city
58. "Lovers in a __ Time" by Bruce Cockburn
60. Loathing
61. Prefix to 'gon' (Eight-sided shape)
62. Ms. Bombeck
63. Al __ (Pasta-cooking consistency)
64. NASA target in 1969
65. 'Trick' suffix
66. Door sign

Down
1. Soccer org.
2. Broadway star Linda
3. Weasel relative
4. New
5. 19th-century poet Ms. Dickinson
6. Rules
7. __-Aztecan languages
8. Actor Mr. Grammer
9. Intl. AIDS research foundation
10. Red Rider song: 2 wds.
11. Auditioner's hope
12. French pronoun
13. Require
19. Alberta town Trekkies love
21. The Cars hit: 2 wds.
24. City of ancient Egypt
25. Comforter
26. A Bell for __ (John Hersey Pulitzer-winning novel)
27. Gadgets brand in vintage TV ads
29. "Er, what's that?"
31. Set-in-a-diner TV series
32. Mister: Spanish
33. Grain fungus
36. Little laugh
38. Island-dwelling TV guy
39. Store items, at times: 2 wds.
40. Get an '_' __ (Score better than B+)
45. Ritzy retreat
46. Do yard work
48. Roman goddess of agriculture
50. Wear away
51. Ancient Dead Sea land
52. Restaurant chain, __ Bell
53. Particular preposition
54. Bolshevik-opposed ruler
55. The Turtles tune: "It __ Me Babe"
56. Adorable
57. 'E' in EMT, for short
59. Apricot-like Japanese fruit

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	9	5	7	3	1	4	8	6
1	3	4	8	6	5	9	7	2
8	7	6	4	9	2	1	5	3
3	5	8	9	4	7	6	2	1
7	6	1	2	8	3	5	9	4
4	2	9	5	1	6	7	3	8
6	8	2	1	5	9	3	4	7
5	1	7	3	2	4	8	6	9
9	4	3	6	7	8	2	1	5

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